

Mind, Body, Spirit - AA

OPEN MEETING SLIPS CAN BE SIGNED - ALL LEVELS WELCOME.

MONDAYS 7:30-8:30PM

St. Patrick-St. Anthony Parish, Family Center, 920 Fulton Ave, Grand Haven. Doors are to the far right of parking lot. We are meeting in room directly to the right as you enter. Please to arrive 5-10 minutes before class. You will need to bring your own mat or beach towel. There may be one or two extra available on a first come first basis.

Basic Outline

Teacher led intention for practice -a few examples are: letting go, serenity, acceptance, “the pause”, and grace, power within- 5 minutes, balance and stretching while breathing– 40 minutes, Discussion – roughly 15 minutes, serenity prayer.

THIS CLASS IS ALWAYS DONATION BASED, BUT PLEASE NOTE THE FOLLOWING DATES FOR SPECIAL CLASSES BY MARIE ROTHENBERGER FROM ECHO FUSION HEALING ARTS. WE WOULD LIKE FOR YOU TO CONSIDER A \$5 DONATION OR MORE.

MONDAY, JANUARY 28 – SPECIAL YIN CLASS WITH MARIE

MONDAY, FEBRUARY 4 – SPECIAL SOUND THERAPY MEDITATION WITH MARIE



QUESTIONS? CALL OR TEXT 616-724-0353